

Tuna and Noodles

Meal Components: Grains, Meat / Meat Alternate

Main Dishes, D-37

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal		4 gal	1. Heat water to rolling boil.
Whole grain-rich noodles	2 lb 8 oz	1 gal 3 1/2 qt	5 lb	3 gal 3 qt	2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Reserve for step 6.
Margarine or butter	8 oz	1 cup	1 lb	2 cups	3. Melt margarine or butter. Add celery and onions. Cook over medium heat for 5-6 minutes.
*Fresh celery, chopped	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
*Fresh onions, chopped	14 oz	2 1/3 cups	1 lb 12 oz	1 qt 2/3 cup	
OR	OR	OR	OR	OR	
Dehydrated onions	2 1/2 oz	1 1/4 cups	5 oz	2 1/2 cups	
Enriched all-purpose flour	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups	4. Add flour and stir until smooth.
Instant nonfat dry milk, reconstituted, hot		1 gal		2 gal	5. Add milk, chicken stock, pepper, parsley, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.

Ground black or white pepper		1 1/2 tsp		1 Tbsp	
Dried parsley		1/2 cup		1 cup	
Salt		1 tsp		2 tsp	
Canned chunk style, water packed tuna, drained and flaked	6 lb 6 oz	1 gal 3 cups (2 66 1/2-oz cans)	12 lb 12 oz	2 gal 1 1/2 qt (4 66 1/2-oz cans)	6. Add cooked noodles, tuna, and lemon juice, Stir gently to combine. Cook over medium heat for 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Frozen lemon juice concentrate, reconstituted		2/3 cup		1 1/3 cups	7. Pour into medium half-steamtable pans (10" x 12" x 4 "). For 50 servings, use 3 pans. For 100 servings, use 6 pans. Hold for 30 minutes on a 180-190° F to allow sufficient time for mixture to set up properly. 8. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Celery	1 lb 4 oz	2 lb 8 oz
Mature onions	1 lb	2 lb

Serving	Yield	Volume
1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 3/4 oz equivalent grains	50 Servings: 3 medium half-steamtable pans	50 Servings: about 3 gallons 1 quart
	100 Servings: 6 medium half-steamtable pans	100 Servings: about 6 gallons 2 quarts

Nutrients Per Serving					
Calories	282	Saturated Fat	1.26 g	Iron	3.92 mg
Protein	23.18 g	Cholesterol	51 mg	Calcium	133 mg
Carbohydrate	33.15 g	Vitamin A	276 IU	Sodium	391 mg
Total Fat	5.8 g	Vitamin C	2.8 mg	Dietary Fiber	1.5 g